



OCTOBER 2018 SENIOR NEWSLETTER



La Verne Community Center
3680 "D" Street, La Verne, CA 91750
(909) 596-8776
www.cityoflaverne.org

Volume 21, Issue 10

2018

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The Senior Newsletter is available online on our City web site:
www.cityoflaverne.org

38TH ANNUAL CHILDREN'S HALLOWEEN PARADE
Saturday, October 20th, 10:00 AM
Heritage Plaza (1431 Foothill Blvd.)
Ages 12 and under

10:00 AM: The Parade starts behind One West Bank and follows around the entire shopping center providing a great opportunity for the children to show off their costumes and gather treats from the merchants.

10:45 AM: A random drawing will be held in front of Mi Ranchito. You must register to be eligible to win. Entry blanks are available ONLY at the Heritage Plaza on the day of the Parade. Winners must be present at the time of drawing to win. Please call (909) 596-8776 for more information.

SPECIAL CITY SPONSORED LUNCH
Wednesday, October 31st
11:30 AM
BOO!

Happy Halloween! Come celebrate all things spooky at this special FREE Halloween Luncheon.

Please call (909) 596-8778 to make your reservations. Reservations must be made at least one day ahead by 11:00 AM.



This lunch is FREE to seniors 60 and older.

SENIOR DINNER DANCE EXTRAVAGANZA
Sunday, November 4th,
5:00-8:00 PM
"Abracadabra Magic!"

Join us for an "Abracadabra Magic" themed evening featuring a live ballroom band, dinner, dancing, wine, and so much more! Tickets are just \$10 and prepaid reservations must be made in order to attend. Registration is available now at the Community Services Office (3660 "D" St., City Hall) or online. For more information, please call (909) 596-8700.

Seating is limited, so don't delay!



NEW! - MAHJONG CLASS
Tuesdays beginning October 16th,
9:00 AM-12:00 PM

Offering new Mahjong Classes at the Community Center every Tuesday starting October 16th. To sign-up and for more information, please contact Barbara Shelton at larkslake2@yahoo.com. *Please bring your own tiles & cards for playing if you have them. Beginners are welcome.*

MOVIE MATINEE
MONDAY, OCTOBER 8th
"A League of Their Own"

MONDAY, NOVEMBER 5th
(Center closed Nov. 12th)
"Cheaper by the Dozen"

Every 2nd Monday of the Month at the Community Center at 12:30 PM A feature film awaits you! Join us for an afternoon filled with FREE cinematic entertainment and light refreshments right after our senior lunch program.



No Reservations needed—just come and enjoy!

SENIOR SEMINAR SERIES
 These seminars are at the La Verne Community Center. All classes are FREE and open to anyone. To RSVP for one or several seminars, please see the front desk or call (909) 596-8776.

WEDNESDAY, OCTOBER 24TH:
"Medicare 101 Class #2"
 9:30-10:30 AM
 Presented by TMB Insurance

WEDNESDAY, NOVEMBER 28TH:
"Medicare 101 Class #3"
 9:30-10:30 AM
 Presented by TMB Insurance

WEDNESDAY, DECEMBER 26TH:
"Senior Driver Safety"
 9:30-10:30 AM
 Presented by the DMV

TAKE A TRIP WITH LAVERNE! Friendly reminder to excursion participants, please remember to park on Durward Way. This allows you to park closer and also frees up the parking lot for City Hall and Community Center guests. Call Jennee at (909) 596-8776 from 8:00 AM to 4:00 PM Tuesday thru Thursday.

IMPORTANT: Registration is taken on a first-come-first-served basis and done at the Community Services Office, 3660 "D" St. For more info call (909) 596-8700.

***PLEASE NOTE:** Our buses have wheelchair/scooter compartments in the bottom of the bus, but participants must still be able to get from the sidewalk into the bus up 2 stairs. Thank you.

There is a \$10 cancellation fee. ****Trips scheduled to change!****

Registration for the following trips available now! For Registration info call (909) 596-8700.

SAN DIEGO GASLAMP DISTRICT
Sunday, October 7th

Shop, dine and play in the historic Gaslamp Quarter in San Diego.

There are blocks of great restaurants, hotels and shops just waiting for you to discover. You will be on your own for the day to see what San Diego has to offer. Lunch will be on your own—there are so many great restaurants to choose from like the Old Spaghetti Factory, House of Blues or Greystone—and don't forget to get a world famous sundae from Ghiradelli's. Wear comfortable shoes—there can be a lot of walking.

DEPART: 8:30 AM
RETURN: 6:00 PM
FEE: \$32 (Lunch on your own)

NEW! - ARCHITECTURAL L.A. WITH LUNCH AT THE HMS BOUNTY
Sunday, October 21st
THIS TRIP IS FULL!

THE GETTY VILLA IN MALIBU
Thursday, November 8th
THIS TRIP IS FULL!

A DAY IN SOLVANG
Sunday, November 18th
THIS TRIP IS FULL!

NEW! - DOWNTOWN DISNEY & ROGER'S GARDENS AT CHRISTMAS TIME
Thursday, December 6th
THIS TRIP IS FULL!

NEW! - THE PETERSEN & BROAD MUSEUMS & FARMER'S MARKET
Thursday, January 17th
THIS TRIP IS FULL!

VALLEY VIEW CASINO
Wednesday, Jan. 30th

Try your luck at San Diego's only Certified Loose Slots and all of your favorite table games with beautifully appointed rooms and seven delicious restaurants. Everyone will receive \$15 "More Play" and a coupon for the Buffet. Due to regulations, if you are a new member, please be prepared to give your Driver's License Number and Expiration Date.

DEPART: 9:00 AM
RETURN: 6:00 PM
FEE: \$30 (Lunch on your own)



WINTER/SPRING 2019 TRIPS SNEAK PEEK

*Please note Registration for the following trips will NOT be available until December 2018.

NEW! - DUETS SHOW IN PALM SPRINGS
Tuesday, February 5, 2019

NEW! - DODGERS & DINING CARS
Thursday, February 21, 2019

NEW! - SEALS & SEA LIONS RESCUE & LUNCH AT THE WHALE & ALE PUB
March, 2019

KNOTT'S BERRY FARM
Tuesday, March 26, 2019

THE GROVE & GRIFFITH OBSERVATORY
Friday, April 5, 2019

NEW! - "MADE IN ORANGE COUNTY" - YAKULT FACTORY TOUR, LUNCH & A BREWERY
Tuesday, April 16, 2019

NEW! - COLORFUL SONGS OF BROADWAY - "COME FLY WITH ME" SINATRA TRIBUTE SHOW & LUNCHEON
Thursday, May 9, 2019

A DAY IN CATALINA
Saturday, May 18, 2019

A DAY IN SANTA MONICA
Sunday, June 9, 2019

VALLEY VIEW CASINO
Wednesday, June 26, 2019

Questions? Call Jennee Tuesday thru Thursday at (909) 596-8776.

HEALTH AND WELLNESS

FALL MT. SAC CLASSES

Fall Semester: Now - December 14th
FREE EXERCISE CLASSES FOR SENIORS

AEROBICS (HEALTHY AGING)

Tuesdays & Thursdays, 8:00-9:30 AM

FALL PREVENTION: BALANCE & MOBILITY

INSTRUCTOR: Jill Trimble

Tuesdays & Thursdays, 1:30-2:30 PM

TAI CHI

INSTRUCTOR: John Rafter

Thursdays, 1:00-3:00 PM

YOGA & PILATES (YOGALATES)

Yoga teaches us excellent health with the physical benefits of increased flexibility and stamina, builds strength, improves muscle elasticity, improves circulation, and promotes relaxation. Pilates develops a strong core and alleviates back pain and other chronic ailments.

INSTRUCTOR: Victoria Galvez

DAYS/TIME: Mondays, 6:30-7:30 PM

LOCATION: Community Center

FEE: \$30/session

SESSIONS:

Oct. 1st - Oct. 22nd

Nov. 5th - Nov. 19th

JAZZERCISE

Jazzercise is a pulse-pounding, body-shaping fitness program that gets results...fast. We call it a high-intensity dance party that fuses cardio, strength, Pilates, hip hop, yoga and kickboxing and can burn up to 800 calories on one 60-minute class. Register in person or online at jazzercise.com.

INSTRUCTOR: Sherry Shaw

DAYS/TIME: Ongoing - Mondays & Wednesdays
 6:15-7:15 PM

LOCATION: Community Center

FEE: \$39 (one class drop-in \$15)

BLOOD PRESSURE CHECK

Thursday, November 15th

(Not here in October)

Worry about your blood pressure? Need to keep track of your numbers? Come to the FREE blood pressure check every third Thursday of the month from 9:30-11:30 AM to get your blood pressure checked by nurses.

Sponsored by: Health Care Partners

SENIOR STRUTTERS

The La Verne Community Services Department offers an ongoing Community walking program called the Senior Strutters. If you would like to talk and make new friends, come join us Monday, Wednesday, and Friday at 7:00 AM sharp! We walk a different route every day between 2 and 3 miles.

OCTOBER SCHEDULE

Mon. 10/1: Thompson Creek

Walk trail to end of road & back

Wed. 10/3: Senior Center

Walk to dog park area & back

Fri. 10/5: Brackett Field Airport

Walk to Puddingstone & back

Mon. 10/8: Thompson Creek

Walk trail to end of road & back

Wed. 10/10: Claremont 10th & Indian Hill

Walk the area & back

Fri. 10/12: Brackett Field Airport

Walk to Puddingstone & back

Mon. 10/15: Thompson Creek

Walk trail to end of road & back

Wed. 10/17: Claremont 10th & Indian Hill

Walk the area & back

Fri. 10/19: Brackett Field Airport

Walk to Puddingstone & back

Mon. 10/22: Thompson Creek

Walk trail to end of road & back

Wed. 10/24: Claremont 10th & Indian Hill

Walk the area & back

Fri. 10/26: Brackett Field Airport

Walk to Puddingstone & back

Mon. 10/29: Thompson Creek

Walk trail to end of road & back

Wed. 10/31: San Dimas Canyon Park

Walk to dog park area & back

**For further information or questions
 contact: Anna Grubb (909) 730-3322**



Upcoming Events, Announcements & Programs...

COMMUNITY SENIOR SERVICES VOLUNTEER ESCORT/DRIVER REIMBURSEMENT PROGRAM

This program is designed to help senior and disabled residents of Claremont, La Verne, Pomona and San Dimas who can't easily use existing transportation. Program participants recruit their own volunteer drivers from among their friends and neighbors. Passengers then have the means to reimburse them for mileage costs. The program is allowed to cross city and county lines, but most importantly it provides an opportunity for volunteers to share companionship and friendships. And that's the whole idea behind Community Senior Services, which is acting as the umbrella agency. Community Connections staff will do extensive phone interviews with applicants. For more information or to apply, call (909) 621-9900 Monday through Friday from 11:00 AM to 3:00 PM.

GARDENING AS THERAPY

Feeling stressed, anxious, or depressed? Do you have difficulty managing anger or connecting with your children, family, or friends? If so, then Therapeutic Community Gardening may be able to help you. Therapeutic Community Gardening (TCG) is a free program open to all residents of the cities Pomona, Claremont, and La Verne. Weekly groups are conducted with families (parents/caregivers & their children), youth (ages 16-25), adults (of all ages), and military veterans. Through gardening and group activities, participants learn how to grow their own fruits, vegetables, flowers, herbs, and other plants, while connecting with others in their community and having fun! For more information contact Luis Resendez at (909) 784-3299 or lresendez@tricitymhs.org. All calls are confidential.

HERITAGE HARVEST PUMPKIN PATCH

Saturday, October 6th - Tuesday, October 30th

Our rural atmosphere makes the Heritage Foundation Pumpkin Patch a wonderful place to pick out your pumpkin. We have hay rides, animals, pumpkins of every size and great photo opportunities. Weekends from 10:00 AM to 8:00 PM and weekdays from 4:00-8:00 PM.

LA VERNE HISTORICAL SOCIETY PRESENTS A LOOK BACK AT THE MOUNT LOWE RAILWAY

Monday, October 8th, 7:00 PM at the Hillcrest Meeting House (2705 Mountain View Dr.)

On Monday, October 8th, Mr. Michael Patris will provide a historic look back at the Mount Lowe Railway. Located in Altadena, the Mount Lowe Railway opened on July 4, 1893 and ran through December, 1936. See rarely shown images from the Mount Lowe Preservation Society Collection matched with modern photography to see the true magnificence of this railway. Copies of Patris' book, Mount Lowe Railway will be available for \$22 following the 7:00 PM presentation. The presentation is open to the public and refreshments will be served afterwards.

RSVP SERVICES PRESENTS - Y.A.N.A. "YOU ARE NOT ALONE" PROGRAM

If you are a senior living alone in La Verne or you have parents or friends who live alone you need to know about this Program. The "You Are Not Alone" Program is designed for La Verne residents to provide a measure of security and well-being for those who are alone. This free program consists of checking on a regular basis the welfare of those residents who have requested it. Participants in the program can choose to have the senior volunteers of the La Verne Police Department Retired Senior Volunteer Patrol either come to the residence or make a phone call to the residence regularly.

Program Criteria: 1. Be at least 65 years old or have a medical disability. 2. Live in La Verne and 3. Have a next-of-kin or relative available as a responsible party. For more information, contact the La Verne Police Department at (909) 596-1913, extension 2224. You can leave a message, and a Y.A.N.A. representative will call you back as soon as possible.

19TH TASTE OF LA VERNE FOOD & WINE FESTIVAL

Tuesday, October 16th

Sky Aviation Hangar - Brackett Airport

The event will feature local dining establishments, wineries, craft beer, live music and more!

Attendees will view new, vintage and military aircrafts on their way to the culinary showcase.

For more information and tickets, visit www.tasteoflaverne.com.

16TH ANNUAL PUMPKIN PATCH CLASSIC CAR SHOW

Saturday, October 27th, 10:00 AM-3:00 PM

Heritage Park (5001 Via De Mansion)

Come choose your pumpkin and check out the beautiful display of classic cars! There will be music, prizes, 50/50 drawing, food, hay rides and much more!

8TH ANNUAL NHRA FANFEST

Thursday, November 8th, 5:00-8:00 PM

Old Town La Verne

The Fanfest serves as a kickoff to the National Hot Rod Associations' Auto Club World Finals races held from November 8th - 11th at Auto Club Speedway at the Fairplex. The Fanfest, mostly held at Lordsburg Taphouse and Grill, features a Funny Car and Top Fuel Dragster. There will also be appearances, prizes and autograph signing by NHRA drivers. For more information about the event, please call City Hall at (909) 596-8706.

CLUBS, PROGRAMS & SERVICES

Senior Citizens Advisory Committee

Wednesday,
October 17th
10:00 to 11:15 AM

We are looking for a new SAC Member to join our Committee! If you are interested, please come to the next meeting to receive an application and see what we are all about.

The City Council of La Verne established the Senior Citizens Advisory Committee in October 1989. This Committee has been responsible for all of the senior activities, lunch program, many equipment upgrades and beautification projects at the Community Center. We encourage you to attend these public meetings and share your thoughts, ideas, and/or concerns.

Join us at the SAC Meetings. Your input is important!

THE SENIOR GOLF LEAGUE OF LA VERNE

On September 11th, we played "3's and 5's," In this format each golfer's net score on the par 3's and par 5's, half of the 18 holes at Sierra La Verne, was what counted in our competition. Ed Linberg finished first with a net score of 30 for the 9 holes that counted. Second with a net score of 31 was Ruben Triana. Joe Ramos and Roger Gomez tied for third with a net score of 35. Joe won the tie-breaker to collect the third prize money.

In our contests, the results were as follows: Dave Lammey won the Closest to the Pin contest on #3 and he also won the Longest Putt contest on #9. He won \$10.

Joe Ramos won the Closest to the Pin contest on #5 and he won the Longest Putt contest on #18. He won an additional \$10 to go with his third place finish for \$15 overall.

Ed Linberg won the Closest to the Pin contest on #15. His total winnings amounted to \$20 for coming in first overall and for winning this contest.

Mike Tierno and Mike Rasch each won \$5 for winning their respective Flights' competition for the Longest Drive, with Tierno winning the prize among the First Flight golfers and Rasch doing the same among the Second Flight golfers.

The results of our September 25th competition were not known when this article had to be submitted. We remind all of our members that October will find us playing our annual two-round Club

Championship at Sierra La Verne. The dates are October 9th and 23rd. We'll have a winner in each of our two Flights following the completion of the two rounds. Since there are 5 Tuesdays in October, we'll play a four-player scramble on October 30th.

If you would like to be a part of the La Verne Senior Golf League you may contact either George Borst or Ed Linberg, Co-Coordiators. George's email address is: jegborst@aol.com while Ed's email address is: emlinberg@earthlink.net. Ed's phone number is (909) 392-6688. George's phone number is (909) 596-3982.

Our first tee time on the Tuesdays we play at 9:30 AM. So, we ask that everyone report to the course by 8:45 AM at the latest. This gives us ample time to make any needed last minute changes in our pairings, and to be ready to have the first group tee off, sometimes shortly after 9:00 AM. Since we've been playing at Sierra La Verne, more often than not, the Starter has given us the "green light" to begin our golf day early. So by arriving by 8:45 AM, our golfers make it easier for us to start before 9:30 AM, if we are able to do so.

By the way, the cost for a cart and the green fee is \$33 per player. In addition, we ask every golfer to put in \$5 each time he/she plays to allow us to award prize money to our winners.

SENIOR SOCIAL CLUB

The annual fee is \$5 per member and \$.50 per week. This covers the cost of the Christmas Luncheon, other feasts, coffee, tea & supplies. We will be happy to teach you Pinochle if you don't already know how. During our last session we had 2 tables playing Pinochle which is great fun. We play Pinochle and tile games or anything that you care to bring into our Monday sessions. We also play Mexican Mule Train and Kings in the Corner in the afternoon.

If that sounds better than watching TV, give us a visit. We meet each Monday from 9:00 AM to 3:00 PM. You don't have to be here at 9:00 AM. Come when you can, leave when you must. First one in makes the coffee. Most of our group takes advantage of the lunch program at the Center, or you can bring your own lunch. Come meet new people-guests are always welcome. It's a nice way to find out if it suits your style. Give us a try on Mondays!



Daily Calendar OCTOBER 2018

All classes and programs are held at the La Verne Community Center, 3680 "D" Street, unless indicated at Veterans Hall. Veterans Hall is located at 1550 Bonita Avenue. For further information and class descriptions please refer to the Summer/Fall 2018-2019 issue of the *City Newsletter and Recreation Guide*. Unless otherwise noted, the Center is closed Saturdays and Sundays.

Monday, October 1st

9:00 AM—Quilting
 9:00 AM—Home Business
 9:00 AM—Senior Social Club
 11:30 AM—Senior Lunch Program
 12:30 PM—Sewing
 6:00 PM—Decorative Art
 6:15 PM—Jazzercise

Tuesday, October 2nd

8:00 AM—Aerobics (Healthy Aging)
 9:00 AM—Watercolor
 9:00 AM—Basic Computing Level I
 9:30 AM—Bone Builders
 11:30 AM—Senior Lunch Program
 1:00 PM—Gardening
 1:30 PM—Balance & Mobility
 6:00 PM—Woodcarvers

Wednesday, October 3rd

9:30 AM—Bone Builders
 11:30 AM—Senior Lunch Program
 12:15 PM—Bridge
 1:00 PM—**Golden Investment Group**
 6:15 PM—Jazzercise

Thursday, October 4th

8:00 AM—Aerobics (Healthy Aging)
 9:00 AM—Drawing
 9:00 AM—Internet Research
 9:30 AM—Bone Builders
 11:30 AM—Senior Lunch Program
 1:00 PM—Tai Chi
 1:30 PM—Balance & Mobility

Friday, October 5th

9:00 AM—Acrylic Painting
 9:30 AM—Bone Builders
 11:30 AM—Senior Lunch Program
 12:30 PM—Bingo

Monday, October 8th

9:00 AM—Quilting
 9:00 AM—Home Business
 9:00 AM—Senior Social Club
 11:30 AM—Senior Lunch Program
 12:30 PM—**Movie Matinee**
 12:30 PM—Sewing
 6:00 PM—Decorative Art
 6:15 PM—Jazzercise

Tuesday, October 9th

8:00 AM—Aerobics (Healthy Aging)
 9:00 AM—**AARP Mature Driving**
 9:00 AM—Watercolor
 9:00 AM—Basic Computing Level I
 9:30 AM—Bone Builders
 11:30 AM—Senior Lunch Program
 1:00 PM—Gardening (Field Trip)
 1:30 PM—Balance & Mobility
 6:00 PM—Woodcarvers

Wednesday, October 10th

9:00 AM—**AARP Mature Driving**
 9:30 AM—Bone Builders
 11:30 AM—Senior Lunch Program
 11:30 AM—Canasta
 12:15 PM—Bridge
 6:15 PM—Jazzercise

Thursday, October 11th

8:00 AM—Aerobics (Healthy Aging)
 9:00 AM—Drawing
 9:00 AM—Internet Research
 9:30 AM—Bone Builders
 11:30 AM—Senior Lunch Program
 1:00 PM—Tai Chi
 1:30 PM—Balance & Mobility

Friday, October 12th

9:00 AM—Acrylic Painting
 9:30 AM—Bone Builders
 11:30 AM—Senior Lunch Program
 12:30 PM—Bingo

Monday, October 15th

9:00 AM—Quilting
 9:00 AM—Home Business
 9:00 AM—Senior Social Club
 11:30 AM—Senior Lunch Program
 12:30 PM—Sewing
 6:00 PM—Decorative Art
 6:15 PM—Jazzercise

Daily Calendar continued

Tuesday, October 16th

8:00 AM—Aerobics (Healthy Aging)
 9:00 AM—Mahjong Class
 9:00 AM—Watercolor
 9:00 AM—Basic Computing Level I
 9:30 AM—Bone Builders
 11:30 AM—Senior Lunch Program
 1:00 PM—Gardening
 1:30 PM—Balance & Mobility
 6:00 PM—Woodcarvers

Wednesday, October 17th

9:30 AM—Bone Builders
 10:00 AM—SAC Meeting
 11:30 AM—Senior Lunch Program
 12:00 PM—Canasta
 12:15 PM—Bridge
 6:15 PM—Jazzercise

Thursday, October 18th

8:00 AM—Aerobics (Healthy Aging)
 9:00 AM—Drawing
 9:00 AM—Internet Research
 9:30 AM—Bone Builders
 9:30 AM—Blood Pressure Check
 11:30 AM—Senior Lunch Program
 1:00 PM—Tai Chi
 1:30 PM—Balance & Mobility

Friday, October 19th

9:00 AM—Acrylic Painting
 9:30 AM—Bone Builders
 11:30 AM—Senior Lunch Program
 12:30 PM—Bingo

Saturday, October 20th

10:00 AM—Halloween Parade at Heritage Plaza

Monday, October 22nd

9:00 AM—Quilting
 9:00 AM—Home Business
 9:00 AM—Senior Social Club
 11:30 AM—Senior Lunch Program
 12:30 PM—Sewing
 6:00 PM—Decorative Art
 6:15 PM—Jazzercise

Tuesday, October 23rd

8:00 AM—Aerobics (Healthy Aging)
 9:00 AM—Mahjong Class
 9:00 AM—Watercolor
 9:00 AM—Basic Computing Level I

9:30 AM—Bone Builders
 11:30 AM—Senior Lunch Program
 1:00 PM—Gardening
 1:30 PM—Balance & Mobility
 6:00 PM—Woodcarvers

Wednesday, October 24th

9:30 AM—Bone Builders
 9:30 AM—Senior Seminar
 11:30 AM—Senior Lunch Program
 12:15 PM—Bridge
 6:15 PM—Jazzercise

Thursday, October 25th

8:00 AM—Aerobics (Healthy Aging)
 9:00 AM—Internet Research
 9:00 AM—Drawing
 9:30 AM—Bone Builders
 11:30 AM—Senior Lunch Program
 1:00 PM—Tai Chi
 1:30 PM—Balance & Mobility
 6:00 PM—Sunkissed Stitchers

Friday, October 26th

9:00 AM—Acrylic Painting
 9:30 AM—Bone Builders
 10:00 AM—Attorney
 11:30 AM—Senior Lunch Program
 12:30 PM—Bingo
 1:00 PM—Watercolor

Monday, October 29th

9:00 AM—Quilting
 9:00 AM—Home Business
 9:00 AM—Senior Social Club
 11:30 AM—Senior Lunch Program
 12:30 PM—Sewing
 6:00 PM—Decorative Art
 6:15 PM—Jazzercise

Tuesday, October 30th

8:00 AM—Aerobics (Healthy Aging)
 9:00 AM—Mahjong Class
 9:00 AM—Watercolor
 9:00 AM—Basic Computing Level I
 9:30 AM—Bone Builders
 11:30 AM—Senior Lunch Program
 1:00 PM—Gardening
 1:30 PM—Balance & Mobility
 6:00 PM—Woodcarvers

Wednesday, October 31st—Happy Halloween!

9:30 AM—Bone Builders
 11:30 AM—Special City Sponsored Lunch
 12:15 PM—Bridge
 6:15 PM—Jazzercise

CLUBS, PROGRAMS & SERVICES CONT.....



BINGO—Bigger Payouts!!!



BINGO TIME 12:45 PM.

***THE SELLING OF PAPER WILL CEASE AT 12:30 PM!**

****Last game of the last Friday of the month, the payout is \$200...no joke!****

La Verne Bingo is better than ever! Bingo is held every Friday from 12:30 PM to 3:00 PM at the Community Center. It's \$5 for the first pack and \$3 for each additional pack. Payouts are as follows: each regular game is normally \$60 depending on attendance, one odd and even game is \$100, one 3 face Bingo is \$100, 2 blackouts are \$125 each and the pull tabs are \$125. There are two \$10 intermission prizes. On the last Friday of the month we will have four \$10 prizes. A total of 12 regular games will be played plus the specials. We have added a power ball to the regular games. If you win on the power ball your payout is increased by the amount at that time. Bring your daubers, as we don't play hard cards. Any person 18 years of age or older is welcome to play. Reservations are not required for Bingo. **Why not complete the day with lunch just prior to playing Bingo? You MUST call one day in advance by 11:00 AM for lunch reservations at (909) 596-8778.**

TRAIL TREKKER HIKING PROGRAM

The La Verne Trail Trekker Program is a city sponsored organization. Free to join, even for non-La Verne residents. We have different hikes 6 days a week ranging from easy to tough and from local trails to as far as Malibu & Palm Springs. Monday is always at Marshall Canyon and Friday is at Puddingstone Lake. Starting time is 8:00 AM and after the hike we socialize at the Bagelry on the corner of Foothill & "D" Street. Thursday is our "Secret Stairs" hike where we hike the public stairs in the Hollywood Hills, Silver Lake and Echo Park or go to distant places. Not all of our activities include hiking. Once a month we have "Huell Howser-style visiting" to interesting places. For more info, contact Kiam Oey at ktoey@hotmail.com or (909) 262-2357 text OK.

HILLCREST

Did you know that Hillcrest has an Aquatic & Fitness Center with various exercise classes such as Aqua Fitness, Water Walking, Chair Pilates, and much more? Check out all that Hillcrest has to offer by calling (909) 392-4029 or going on www.livingathillcrest.org.

FREE SENIOR LEGAL CONSULTATION

At the Community Center

Do you have a question regarding a legal matter? Howard Hawkins, Attorney-at-Law, will be on hand to answer your questions. Call (909) 596-8776 to arrange an appointment - waiting lists are available.

Next Appointment:

Friday, October 26th

Appointments subject to change & do book up far in advance.

SENIOR HELP LINE

The Senior Help Line, (909) 625-4600, is an information and referral help line you can call to have your questions answered by trained, knowledgeable people who want to help you. The Help Line service is in the office of Community Senior Services, located in Claremont. For further information, please call Community Senior Services at (909) 621-9900.

Get About Transportation

Transportation is available
Weekdays: 6 AM-7:30 PM
Saturdays: 8:30 AM-5 PM
Sundays: 8:30 AM-3 PM
 The dispatch number is 909-596-5964. Applications may be obtained at Community Senior Services, 141 S. Spring St., Claremont, **please call (909) 621-9900 to register.**

NEW CLASSES TO CHECK OUT (Pre-registration required for fee & charge classes!)

AARP's Driver Safety Course

This class, offered at the Community Center, refines existing driving skills, and develops safe defensive driving techniques. Each month, the eight-hour class is presented by AARP in two half-day sessions. The class is Tuesdays and Wednesdays from 9:00 AM to 1:00 PM. Lunch is not included; however, there is a short break and you may bring a snack if you wish. Registration fees are \$15 for AARP members and \$20 for non-members. Register at the Community Services Office (3660 "D" Street).

Driver Safety Program (2 day class):

Tuesday, October 9th & Wednesday, October 10th

Driver Safety Program Renewal (1 day class):

Tuesday, November 13th

You MUST register in advance at the Community Services Office (3660 "D" Street)

NEW! - SWING DANCE

A classic dance that is not limited to the music of the era. Learn to enjoy social dancing in this viable dance community. Singles welcome. Partner not required.

INSTRUCTOR: Bill Elftman

DAYS/TIME: Thursdays

6:00-7:00 PM

SESSIONS:

Oct. 4th - Oct. 25th

Nov. 1st - Nov. 29th

Dec. 6th - Dec. 27th

FEE: \$35/session

LOCATION: Community Center

BE A SAVVY TRAVEL PLANNER

Learn about how to save money by being your own travel agent! A review of traveling options (group tours, cruises, or traveling alone) will be explored. Areas such as safety, hotel selection, traveling by train or rental cars will also be discussed.

INSTRUCTOR: Hector Hernandez

DAYS/TIME: Tuesdays, 6:00-9:00 PM

LOCATION: Community Center

FEE: \$35/session

SESSIONS:

Oct. 23rd

Nov. 27th

Dec. 11th

ESSENTIAL OILS 101

Learn how beneficial essential oils are to your everyday health and wellness! This class gives an in-depth look at what essential oils are, how they work, and how to use them effectively. Learn about the various ways essential oils can be used. \$15 material fee payable to instructor at first class.

INSTRUCTOR: Genevieve Isidro

DAYS/TIME: Mondays

10:00-11:00 AM

LOCATION: Community Center

FEE: \$50/session

SESSIONS:

Oct. 15th - Nov. 5th

SUNKISSED STITCHERS

Join our group for stitching and needlepoint fun! We are part of the American Needlepoint Guild. All ages are welcome (Children under 16 must be accompanied by an adult). First two meetings are free. If you have questions, contact Darlene Vukovich McKnight at (909) 593-4406.

INSTRUCTOR: Darlene Vukovich McKnight

DAYS/TIME: Ongoing - 4th Thursday of each month, 6:00-8:30 PM

LOCATION: La Verne Community Center

YOGA & PILATES (YOGALATES)

Yoga teaches us excellent health with the physical benefits of increased flexibility and stamina, builds strength, improves muscle elasticity, improves circulation, and promotes relaxation. Pilates develops a strong core and alleviates back pain and other chronic ailments.

INSTRUCTOR: Victoria Galvez

DAYS/TIME: Mondays, 6:30-7:30 PM

LOCATION: Community Center

FEE: \$30/session

SESSIONS:

Oct. 1st - Oct. 22nd

Nov. 5th - Nov. 19th



RESOURCE DIRECTORY/IMPORTANT NUMBERS:



Community Center:
(909) 596-8776

Community Center Lunch Program:
(909) 596-8778

City Hall: (909) 596-8726

Community Services Office:
(909) 596-8700

Library: (909) 596-1934

Police Department: (909) 596-1913

Fire Department: (909) 596-5991

Mt. San Antonio College: (909) 594-5611

Chamber of Commerce:
(909) 593-5265

Community Senior Services: (909) 621-9900

Senior Help Line: (909) 625-4600

Get About Transportation: (909) 596-5964

Meals on Wheels: (909) 596-1828

Administration: (909) 596-8726

Building: (909)596-8713

Community Development:
(909) 596-8706

Customer Service: (909) 596-8744

Finance Department: (909) 596-8716

Flood Control (LA County): (626) 458-5100

Humane Society: (909) 623-9777

Public Works: (909) 596-8741

JUST
TO
MAKE
YOU
SMILE



Q: Why do skeletons have low self-esteem?

A: They have no body to love

Q: Know why skeletons are so calm?

A: Because nothing gets under their skin.

Q: How do vampires get around on Halloween?

A: On blood vessels

Q: What's a ghoul's favorite bean?

A: A human bean.

Q: Why did the ghost go into the bar?

A: For the Boos.

Q: What do you call a witch's garage?

A: A broom closet.

**HALLOWEEN
FUN!**

